



Wethersfield Senior Center News

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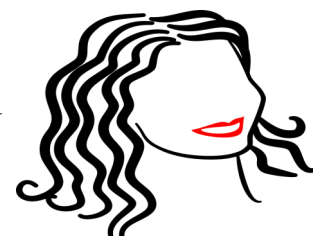
Summer Celebration!

On **Mon, July 25 at 6pm**, the **Beatles** are coming to the Pitkin Community Center! Well, not the original Beatles, but the best Beatles tribute band in New England! They're called "Studio 2", they perform regularly throughout New England and we're very lucky they've agreed to come here for our Summer Celebration! This event is sponsored by the Senior Center, the Senior Citizen's Advisory Committee and the Advisory Committee for People with Disabilities. The Senior Center gave out almost 100 FREE tickets to Senior Center members in June. Only a few tickets remain! If you're a member and didn't get your ticket, you must see Lisa asap! All remaining tickets will be sold to the community by reservation before the concert! Water and soda will be available at the concert. You may bring your own snacks! So "run for your life" down that "long and winding road" to the Community Center for "a hard day's night!" See you there!



NEW Art Class: Portrait Painting with Deirdre!

In May a wonderful young artist, Deirdre, joined the ranks of our Senior Center instructors as she graciously filled-in for an ill teacher. We're happy to report that Deirdre has agreed to teach a 4-week Portrait Painting workshop this summer! Classes will be held **Tuesdays from July 12-Aug 2, 12:30-2pm**. If you've ever wanted to paint the portrait of someone who is special to you, this is the workshop for you. You'll learn helpful techniques, tips and tools, including proportion and measuring to help you get a portrait likeness whether you are painting a person or a favorite pet! You don't need any experience, just bring materials of your choice to draw or paint, and your enthusiasm! Students are welcome to work from a photo of loved ones, including pets. We'll go over the forms of the head and you'll receive notes to keep. These will break down approaches to seeing and understanding the head with clarity and ease. See Lisa to register. Cost: \$8



Closure Reminder:

The Senior Center will be closed on **Mon, July 4th** for Independence Day!
Happy holiday to all!



Lunch & Learn: Home Energy Solutions

On **Thur, July 21 at 12noon**, the Senior Center will welcome representatives from the New England Smart Energy Group a certified contractor for the Home Energy Solutions (HES) program. This amazing program offers Connecticut residents a home energy audit performed by certified technicians. The audit involves a series of tests that identify energy losses in your home. A number of interventions can be performed on-the-spot to improve your home's efficiency and rebates for larger home improvements are available! Come learn more about this program and join us for a free light lunch. Advance reservations required. Call Lisa at 860-721-2979 **by Tue 7/19** to register.



Summer Classes Continue!

If you missed the start of these summer classes, don't worry, you can still join. Register in person with Lisa or in the Parks & Rec office!

- **Chair Yoga**—classes began in June and are held Mondays at 11:30a & Thursdays at 2p. Cost \$16 each or \$30 for both Mon & Thur classes. This class is generously sponsored by the Keane Foundation!
- **Painting**—classes began in June and are held Tuesdays at 10a. Cost \$16.
- **T'ai Chi Qigong**—classes began in June and are held Thursdays at 11a. Cost \$16.



Upcoming Bus Trips!

Join your Senior Center friends on a bus trip! Call Lisa at 860-721-2979 for information and to register for the following trips...

Tue, 7/12—All You Can Eat Lobster & Show. Many of you asked for this trip, so join us for all-you-can-eat lobster at the Delaney House in Holyoke, MA. We'll also enjoy a musical performance by tenor Michael McGeehan who recently headlined in Atlantic City! Cost \$96pp.

Wed, 8/31—The Duprees Show. Come enjoy the ultimate do-op group. Their sound is unmistakable & their love songs will never die! And enjoy a delicious Aqua Turf luncheon. \$94pp.

Tue, 9/13-Thur, 9/15—Samson. Join us for our first overnight trip! We're going to see the show "Samson" at the Sight & Sound Theater in Lancaster, PA. Trip includes 2 nights in the Cork Factory Hotel in Lancaster, a guided Amish tour, and shop at Kitchen Kettle Village with its 42 shops & restaurants, and much more! Cost \$441pp double occupancy hotel for 2 nights, 2 breakfasts, 2 dinners, sightseeing & admissions. Only 20 seats available. \$150 deposit due 6/21.

Sun, 10/23—Log Cabin Oktoberfest. Enjoy the fall foliage on our trip to the Pioneer Valley, the German band, the Jolly Koperschmidts & the unbeatable buffet at the Log Cabin! \$82pp.

Thur, 12/1—Radio City Christmas Spectacular with the Rockettes. Lunch on your own in NYC. \$122pp; \$60 deposit due 7/1.



COMPUTER LEARNING CENTER

One-to-One Assistance is available from our CLC volunteers. During the month of **July**, volunteers Donna, Phyllis and Linda will be offering special assistance to users of Android tablets and cellphones! These volunteers also have lots of experience with iPads, iPhones & eReaders. They are available by appointment during our lab times (Tuesday & Thursday afternoons from 2:30-4:30pm), so call Lisa at 860-721-2979 for your appointment. Fee: \$10/hour.



And here's what's coming in **August**. Register for these summer workshops with Lisa!

- **What's YouTube?**—YouTube is one of the most popular sites on the web. In this demonstration you'll learn how to search for topics of interest to you, view videos and share with others! **Tue, 8/9, 1-3p**, Fee \$10.
- **Facebook App**—Wishing you were on Facebook but not sure how to get there? Come see what your family and friends are up to! Bring your cellphone, tablet or laptop with the Facebook app and learn about Facebook. You'll set up an account and join the fun! (This class is for beginners and is limited to 5 students.) **Wed, 8/10, 1-3p**, Fee \$10.



Monday Afternoon at the Movies!

Free movies continue on **Mondays at 1pm**. No registration is required. Movies are subject to change depending upon availability. Showing in July:

July 11 --**The Imitation Game** starring Keira Knightley. Chronicling mathematical wizard Alan Turing's key role in Britain's successful effort to crack Germany's Enigma code during WWII, this historical biopic also recounts how this ground breaking work help launch the computer age. PG-13, 114min.

July 18--**Eddie the Eagle** starring Hugh Jackman and Christopher Walken. Forever endearing himself to the British public, Eddie "the Eagle" Edwards becomes the first Englishman to compete in the Winter Olympics ski jump, relying on valor to make up for his lack of experience and bad eyesight! PG-13, 105min.

July 25—**Miracles From Heaven** starring Jennifer Garner. Based on real-life events, this intriguing drama recounts the story of a young girl who suffers from an incurable digestive disorder. But when a string of miracles leads to her complete recovery, her family and doctors are mystified. PG, 109min.



For Your Information...

Please be aware that the Senior Center has chairs with arms available for those who have difficulty standing from a seated position. The chairs were generously donated by the Advisory Committee for People with Disabilities. If you need a chair with arms and don't see one in the room you're in, please ask staff to get one for you.



On-Going Senior Center Activities



- ⇒ **Bingo** meets every Wednesday in the Banquet Room. Arrive 10:30-11:45a to get your cards! Bingo officers: Agnes Bolasevich-President; Carol Tedone-Vice President; Rose Hall-Secretary; Marie Cerbo-Treasurer.
- ⇒ **Duplicate Bridge** meets some Thursdays, 1:15pm, Room S4. Contact Everett Costa at 860-563-0400 for dates of play and more info.
- ⇒ **Golf League** plays in Goodwin Park during the summer and fall. Contact Jim McNamara at 860-563-4586 or Chris Guinan at 860-563-5761 for more information.
- ⇒ **Informal Card Group** holds weekly games each Tuesday at 1:15pm. Call if you're interested in starting a particular game!
- ⇒ **Mah Jongg** continues on Tuesdays & Thursdays at 10am. Looking for new players! Teacher available for beginners.
- ⇒ **Free Mini Manicures**—offered by Newington Health Care on **Wed, July 20**, 10a-12N. Manicures include filing, buffing & polishing. Call Lisa at 721-2979 for an appointment.
- ⇒ **Needlework Crafts** meets Mondays, 9:30-11:30a in Rm S2. The group knits & does needle crafts to sell at the bingo group's annual fundraiser. Contact Pam Silva at 860-721-6267 for more information.
- ⇒ **Red Onion Senior Quilters** —meetings are on the third Monday of each month. The next meeting is on **Mon, July 18** at 10a.
- ⇒ **The Rhythmairs Choral Group** practices on the 2nd & 4th Thursdays of each month at 1:30pm. The group sings at local nursing homes & assisted livings upon request.
- ⇒ **Setback**— Meets Fridays, 12N, in the Banquet Room. Join our friendly group! Everyone's welcome including singles & partners, beginners & experienced players. Come early at 11:30a for free coffee/tea and pastry. Contact Joe or Claire Mehan at 258-0662 for more info.
- ⇒ **Wii Bowling** meets on Tuesdays and Thursdays at 1pm.
- ⇒ **The Community Café** serves lunch Mon-Fri at 12N to persons 60 years or older and their spouses or caregivers. The suggested donation is \$2.50 for seniors and \$5 for caregivers. To reserve your lunch, call 860-721-2955 one day in advance between 10am and 12N.

Senior Center Health Programs

Free Blood Sugar Testing— **Fri, July 8** in the Banquet Room from 11a-12N. Apple Rehab of Rocky Hill provides this service on the 2nd Friday of each month.

Free Blood Pressures— **Wed, July 13** from 10:30-11:30a. Ellis Manor provides this service on the 2nd Wed of each month in the Banquet Rm. And on **Thur, July 28**, 12:30-1:30p outside the Senior Ctr office, Cedar Mountain Commons provides testing on the 4th Thur of each month.

Foot Care Clinics—**Fri, July 1 & Fri, July 29**—Cleaning, filing, trimming toenails, reducing corns & calluses for seniors. No Diabetics. Fee \$29. Call Lisa at 721-2979 for appt.

Wethersfield Stroke Club—A support group for stroke survivors & their families meets on the 2nd Tuesday of each month from 2-4p in the Fireside Room. Contact Joan Haines at 529-2281 for more information or go to www.strokesupport-ct.org.



Rent Rebate

The Renters Rebate program runs through October 1st. In order to qualify, renters must have been 65 as of 12/31/15 or over 18 and permanently & totally disabled. Income must fall below \$35,200 for a single person and \$42,900 for a couple. Applicants must provide proof of all income, rent and utility expenses for 2015. Forms 1099 from all sources of income are required. And you must provide a copy of your 2015 Federal income tax return if you filed. Those under 65 with a disability must provide a current statement from Social Security with proof of disability. Wethersfield Social Service staff will take applications at:

- **First Church Village on Tue, 7/26** from 9am-12N
- **31 Butler Street on Tue, 8/9** from 9am-12N
- **60 Lancaster Road on Tue, 8/30** from 9am-12N

Residents can also call 860-721-2977 for an appointment to apply.



Thoughts on Growing Old...

- * You know you're getting old when it takes longer to rest up than it does to get tired!
- * You know you're getting old when the candles cost more than the cake! —Bob Hope
- * Too many people grow up. That's the real trouble with the world... they don't remember what it's like to be twelve years old! —Walt Disney



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